

# Tule River Indian Health Center, Inc. Evidence-Based Falls Prevention Program Grantee



## Goals, Strategies, and Activities

The overall purposes of this 3-year capacity-building grant are to:

- Develop capacity in areas with no or limited evidence-based program infrastructure to introduce and deliver evidence-based falls prevention programs within underserved geographic areas and/or populations; and
- Develop sustainability strategies to support the proposed programs during and beyond the grant period.

The Tule River Indian Health Center, Inc. (TRHC) and its partners will:

- Engage ninety-five tribal elders in the Tai Ji Quan: Moving for Better Balance evidence-based falls prevention program.
- Establish a Tribal Elders Fall Prevention Project Steering Committee.
- Prepare and facilitate a project sustainability plan to successfully embed the proposed project within the existing administration, infrastructure, and routine day-to-day operation of the TRHC

## Proposed Interventions

- Tai Ji Quan: Moving for Better Balance (TJQMBB)

## Partnerships

To achieve the goals of the grant, TRIHC will collaborate with the following key partners:

- Tule River Elders Council
- Tule River primary care providers
- TRIHC Board of Directors

## Anticipated Results

The TRIHC and its partners propose to achieve the following results:

- Engage ninety-five tribal elders in the Tai Ji Quan: Moving for Better Balance evidence-based falls prevention program; at least 80% of these tribal elders will be completers, and at least 80% will report high or very high satisfaction with the program.
- Establish the Tribal Elders Fall Prevention Project Steering Committee.
- Produce and implement a Tribal Elders Fall Prevention Project sustainability plan.



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